

Ottawa metro

SOPHIE'S VOICE
Ms. PM shows off pipes
metroNEWS



Your essential daily news | TUESDAY, JANUARY 19, 2016

High -8°C/Low -14°C Flurries

Suzi Strand is a medical cannabis user in Ottawa.

LUCY SCHOLEY/METRO

'TO ME, CANNABIS IS MEDICINE'

Many patients feeling left behind in the marijuana legalization debate

metroNEWS



Extra pay for strike that never happened

CORRECTIONAL SERVICES

Overtime work due to 'staffing shortages,' ministry says

Correctional managers in all of Ontario's jails and detention centres were paid thousands of dollars in overtime gearing up

for and winding down from a strike — even though it never happened.

In the event of a threatened strike by jail guards, the government said correctional managers and other managers from across the public service would run the jails. But even before the workers

were in a legal strike position at 12:01 a.m. Jan. 10, managers were supervising inmates — the work of correctional officers — which

the government said was due to "staffing shortages."

The Ministry of Community Safety and Correctional Services has not disclosed how many managers were doing that work, or for how many days before the strike date.

"Leading up to the strike deadline, managers were deployed to institutions as they experienced varying degrees of disruption in their operations," said Jonathan

Rose, the director of communications for the minister.

"The arrival of managers at each institution varied depending on the circumstances but they were all less than a week."

The ministry originally said managers "were required to provide supervision of inmates in several institutions" before the strike date due to staffing shortages. Rose later clarified that rather than several, it was ac-

tually all operational institutions.

The government has not said how much it paid in overtime, except to say the correctional managers received 2.5 times their salary for hours worked beyond a normal work week, and managers with no experience working with inmates received double their salary for overtime.

And even though a deal was reached Jan. 9, averting a strike, managers spent 24 hours a day

in several jails earning overtime in the days beyond that deadline.

"As part of the normalization of operations agreement, which was agreed to as part of the recent settlement, managers were required to continue supervising areas until searches of the institution could be completed by correctional officers," said Lauren Callighen, a spokeswoman for minister Yasir Naqvi.

THE CANADIAN PRESS



Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.

ASC

Advertising Standards Canada
adstandards.com/psa



MEDIA

Postmedia CEO wants meeting with mayor



Michael Woods
Metro | Ottawa

Postmedia chief executive Paul Godfrey requested an urgent phone meeting on Monday with Mayor Jim Watson, according to a report by BuzzFeed News.

The report originated from a strange, apparently accidental leak by the mayor's office to a BuzzFeed reporter in the U.K. with a similar name to the mayor's.

Postmedia owns both the Ottawa Citizen and the Ottawa Sun. The company announced a new round of cost-cutting last week upon the release of its quarterly results.

In a statement last week, Godfrey said the company must "reduce duplication" where it can.

The mayor's spokesman confirmed that Watson and Godfrey

are scheduled to speak Tuesday morning. The BuzzFeed report said Godfrey's assistant emailed Watson's office Monday morning to request "a 15 minutes call today with Mayor Jim Watson to brief him an item."

Godfrey's staff made it clear the call had to be held that day, the BuzzFeed report said, but there were no specifics about why the discussion was needed.

Watson's staff accidentally forwarded that confidential email to Jim Waterson, a U.K.-based BuzzFeed reporter. The connection appears to originate from reporter Waterson's light-hearted story last week about how he's often mistaken for the mayor of Ottawa on Twitter.

In late 2014, Godfrey briefed Watson and other mayors across the country about Postmedia's \$316-million acquisition of the Sun Media newspaper chain.

STAFF

The search is on for new city manager



Lucy Scholey
Metro | Ottawa

Candidates for the top city hall job will soon be practising their interview skills and dusting off their best business attire.

The finance and economic development committee met on Monday to start reviewing the list of candidates for the new city manager position.

Kent Kirkpatrick, the city's current top bureaucrat, is retiring at the end of March after 12 years in that role. That means a hiring panel will be busy interviewing candidates over the next month or so. The finance committee met in camera on Monday to discuss

the confidential candidates and narrow it down to a shortlist.

Ottawa Mayor Jim Watson has previously said that bilingualism is a requirement of the job, along with an understanding of major infrastructure projects. Phase 2 of light rail transit, the city's largest infrastructure project, is due to break ground in 2018 after Phase 1 launches. Kirkpatrick began working for Ottawa-Carleton in 1985 and was appointed city manager in 2004.

His salary for 2014 is listed at \$341,273.58, according to Ontario's "sunshine list," which names public sector employees who earn \$100,000 or more every year. That means he's the highest-paid city staffer.

— WITH FILES FROM HALEY RITCHIE

CRIME

Charges laid in robberies

Two men have been charged following a pair of separate convenience store robberies.

Ottawa police say one of the robberies happened in the early morning hours of Jan. 13 at a convenience store along the 3300 block of McCarthy Road.

Aidan Scott, 22, of Ottawa is charged with single counts each of robbery, possession of a weapon and theft under \$5,000.

Meanwhile, Ottawa police say they have also arrested a man who robbed a convenience store on the 2100 block of Carling Avenue on Jan. 15. METRO

Hospitals ordered to freeze parking rates

REVENUE

Fees generate money for patient care: OHA president

Ontario hospitals that charge more than \$10 a day for parking were ordered Monday to immediately freeze rates, and to start offering multi-day discount passes by Oct. 1.

The hospitals will have to offer five-, 10- and 30-day passes that discount parking rates by 50 per cent to ease the financial burden on patients and their visitors, said Health Minister Eric Hoskins.

"This is important because we know that patients who are surrounded by loved ones get better faster, and we want to be sure their loved ones are there to help them through their health-care challenges," Hoskins said.

Susan Kuczynski, a member of a group of parents of children with cancer, said the government's move would help provide relief from the high cost of parking at some hospitals for families that have to make many repeat visits.

The Ontario Hospital Association condemned Hoskins' announcement, and said the Liberal government not only froze hospital budgets for the past four years, it also encouraged them to find new sources



Parking rates at the Ottawa Hospital won't change much when the province implements new rules this fall. While the hospital charges more than \$13 a day to park, it already offers the deeply discounted weekly and monthly passes the province will soon make mandatory. EMMA JACKSON/METRO

of revenue.

"Revenue generated from parking fees is always used for patient care, towards the purchase of capital equipment and projects, infrastructure, clinical research, and day-to-day operations such as facility maintenance," OHA president Anthony Dale said in a statement.

"The decision to cut revenues could not come at (a) worse time."

The decision to cut revenues could not come at a worse time.
Anthony Dale

Dale said Ontario hospitals need transitional funding to

offset the expected decline in parking revenues.

Hoskins admitted parking generates \$100 million a year in profit for Ontario hospitals, from about \$172 million paid in fees, but he didn't offer additional funding.

Hospitals that charge under \$10 a day for parking will be "encouraged" to offer multi-day discount passes as well, said Hoskins. THE CANADIAN PRESS

HOSPITAL PARKING

Reduced fees won't have big impact locally



Emma Jackson
Metro | Ottawa

For most local hospitals, complying to Ontario's new parking rules will only require a quick checkup rather than major surgery.

As of October, hospitals charging more than \$10 a day for parking will have to offer discounted five-, 10- and 30-day passes that offer at least 50 per cent savings and let visitors

come and go as they please.

The Ottawa Hospital, Montfort Hospital and the Children's Hospital of Eastern Ontario all charge more than the cutoff — \$13 a day at the regular hospitals, and \$14 at CHEO — and in-and-out privileges aren't universal. At the Montfort, for example, a daily pass jumps to \$17 to come and go.

But the three institutions do offer weekly and monthly passes that meet the discount criteria.

At the Ottawa Hospital, a 30-day pass under the new rules

would have to cost \$195 or less. Its monthly pass currently costs \$92. The Montfort and CHEO offer virtually the same deal, at \$90 a month.

That's a far cry from the situation at Toronto General Hospital, which charges \$9 an hour or \$25 a day with no monthly or weekly passes available.

Still, local hospital parking structures will likely need some tweaks, as the province will require discount passes to have unlimited in-and-out privileges, be transferable, and be good

for a year.

"We have to just fine-tune a few things," said Ottawa Hospital spokesperson Renée Légaré.

Lost revenue will be "nothing material," Légaré said. That's good, since most of the two-thirds of the \$18.4 million the hospital collected from parking in 2015 was spent on new medical equipment, technology and research.

"We try really hard to make sure every penny counts to get it back to our patients," Légaré said.

ANIMAL WELFARE

Keep pets off the ice: Officials

Keep your dogs away from thin ice, fire officials are warning.

Despite the cold weather, ice on local rivers, creeks and ponds are still too thin to support much weight — and dogs are no exception.

Four of seven ice-rescue calls since winter arrived in earnest have been for dogs. That's not unusual, said assistant deputy chief Bruce Raymond, but, with the mild weather we had in December, the ice is thinner than people might expect.

"This winter has been more mild than in the past and ice is taking longer to form," Raymond said.

While they reminded residents of the dangers this weekend, Raymond said firefighters are at the ready to respond to any community call, whether it's for a person or a pet.

"Our goal is to retrieve the pet before a bystander attempts to do so themselves," he said.

Indeed, one man did just that on Jan. 7. Rescuers were dispatched to the Ottawa River near the Canadian Aviation Museum, where a man was trying to rescue his dog. They both got off the ice before fire services arrived, a statement said.

Most recently, firefighters were called to Brewer Park last Saturday when a retriever went into the Rideau River. A water rescue crew brought her back to safety.

That was the second time firefighters went to Brewer Park for a dog rescue. On Jan. 8, a dog was reported in the water with its leash stuck in the ice.

The service also responded to a call in Barrhaven on Dec. 31, when a dog had fallen into the Jock River. In that case, firefighters launched a Fortuna boat and rescued the dog for the owner.

EMMA JACKSON/METRO

BAYVIEW STATION

Helper guiding residents amid construction of light rail

Emma Jackson
Metro | Ottawa

If a parka-clad ambassador helped you find your way to Bayview Station on Monday morning, you have Jeff Leiper

to thank.

The Kitchissippi councillor has hired a part-time helper to inform pedestrians and cyclists of a new multi-use pathway north of Scott Street, which connects to the O-Train and downtown paths without using Bayview bridge.

Shannon Whiffen will pass out fliers every morning this week as Hintonburgers and Centretowners acclimate to the Transitway shut-down that began Sunday.

Up to 2,600 buses a day have been pushed onto Scott

and Albert streets to make way for light rail construction.

Leiper said he decided at the last minute to hire help since there weren't any signs pointing to the new path — at least, not until Friday, two days before the changes.

Leiper will pay Whiffen \$250 out of his office budget.

But he wouldn't have had to hire her if a second path south of Scott had been finished on time, he said.

The path, which will cut behind the Tom Brown arena and under the bridge to the

+ COMPLETION

Steve Cripps from the rail implementation office said the path will be finished this winter.

O-Train, is delayed at least a month, which means way more people now have to cross Scott than originally planned.

"If the path on the south side had been done, I wouldn't have done this," Leiper said.

It was supposed to be done before Christmas, but it was delayed, possibly because it didn't comply with "transportation rules" around pedestrian paths near tracks.

If that's the case, Leiper doesn't know why the problem wasn't caught earlier.

"Residents have a lot of questions along those lines and so do I," Leiper said.

On Monday morning, Whiffen said she had already spoken to about 80 people. Half of them were aware of the new northern path.

FOREIGN AFFAIRS

RESIDENTS STAND WITH KURDS

Members of the Kurdish community from Ottawa and Montreal held a peaceful protest Monday to condemn the Turkish government's "atrocities" in northern Kurdistan, which they say have killed dozens of civilians over the past two months.

The group called on the Canadian government to not remain silent on the decades-long struggle over sovereign territory in the region.

Protestors marched from Parliament Hill to the United Nations Society in Canada office on Cooper Street, and ended their demonstration at the Turkish embassy near Lowertown. JOE LOFARO/METRO



Kindergarten Registration Week

January 18-22

Register now for September 2016
ocsb.ca/september





Suzi Strand inhales from a vaporizer inside her Ottawa home on Monday. LUCY SCHOLEY/METRO

TRAIN FOR A CAREER AS A PHARMACY TECHNICIAN

Did you know that a Pharmacy Technician is a regulated profession in Ontario?

ACCREDITED BY THE CANADIAN COUNCIL FOR ACCREDITATION OF PHARMACY PROGRAMS

The program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Long-Term Care Facility or a corporate/industrial environment.

Contact us today
613-722-7811



ALGONQUIN CAREERS ACADEMY

1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

Medicinal pot users 'left out'

HEALTH

Legalities mean some can no longer grow own product

Lucy Scholey
Metro | Ottawa

Suzi Strand kept a small backyard garden last summer.

The Ottawa resident did not have the energy to maintain a large plot of veggies and herbs. She battles multiple sclerosis, fibromyalgia and trigeminal neuralgia (commonly referred to as the "suicide disease").

There's one plant she wishes she could legally grow in that garden: medical cannabis, which she says would help alleviate her pain.

Strand once had the permit to produce marijuana plants in her backyard. But she got caught in a federal court loophole that has turned her into one of the "left outs" — or one of the users who was not included on an injunction that allowed private home growers to keep growing.

Patients like Strand feel left behind, especially as recreational pot smokers cheer on the Liberal government's plan to legalize marijuana.

"The sick and dying people laid the groundwork for cannabis in Canada and nobody cares any more about us," she said.

"Now everybody is talking about legalization and how some people want to sell it in the LCBO. To me, cannabis is medicine."

Patients like Strand are stuck waiting on a federal

court decision challenging the constitutionality of the Marijuana for Medical Purposes Regulations (MMPR), which the former Conservative government introduced in 2013. It replaced a 13-year-old program that allowed patients to grow their own pot with a commercial medical marijuana market.

But many medical cannabis users say they can't afford to buy from large-scale licensed growers.

Laurie MacEachern, direc-

I don't want to go back to my wheelchair.

Suzi Strand

tor of the Medicinal Cannabis Patients' Alliance of Canada Inc., said it would cost \$50,000 a year for her to buy the medicine she needs for Fibromyalgia, Irritable Bowel Syndrome, idiopathic neuropathy and a spinal injury. But she makes only \$11,000 from her Canadian Pension Plan. In the latest marijuana excitement, medical users are feeling "left in the dust," she said.

"Everyone is debating and working out how they're going to look at legalization for everyone, whereas we've had a program of some sort for 15 years here now and they haven't even got that right," she said.

Belleville, Ont. resident Nate Oxford — a pseudonym he uses to protect his identity — said there's still a stigma against medical users.

"While people celebrate what seems like overall victories in the cannabis move-

ment, they neglect to remember those who've fought for basic rights to use and pushed for education of health professionals for years," he said, during a Facebook conversation.

"We now face astronomical costs for meds while being ostracized by the community as accessibility and basic rights have become a glaring issue in the face of smoke free policies."

Although she can't legally grow, Strand still keeps two pink slips in her wallet — one that once allowed her to produce medical cannabis, the other to possess. They both expired on Feb. 20, 2014. The judge hearing the federal case granted an injunction on March 21 of that year to allow patients to continue growing their own pot if they were already licensed. Strand missed it by a month.

The thought of buying from the street or growing illegally gives her anxiety. But her health is of a greater concern.

"I don't want to go back to my wheelchair."

WITH FILES FROM TORSTAR NEWS SERVICE AND NEAL HALL

TIMELINE

No word from Liberals

The Liberals have yet to reveal a timeline on marijuana legalization.

Meanwhile, there are about 40,000 people in Canada who are authorized to possess medical cannabis. Health Canada estimates the number of licensed registered users will grow to 400,000 by 2022.

FERNBANK COMMUNITY

Plan will add traffic: Residents

A subdivision plan in south Kanata has residents voicing concern over the traffic impact on the entire Fernbank community.

A handful of residents of the south Kanata and Stittsville areas attended the required public meeting on developer Metric Homes' plan of subdivision.

The plan is for a section of Fernbank just east of Terry Fox Drive, across from Castlefrank Road and north of the Trans Canada Trail.

The plan shows the 14.5 hectares being used for 245 dwell-

ing units, including houses, townhouses and apartment buildings up to four storeys, a park and a storm water management pond.

The application was made to the city a year ago, but the public meeting was held off until the city's concerns over the placement of the park and homes along Terry Fox Drive could be addressed, said the city planner on the file, Mary Ellen Wood.

The 9,000-square-metre park, which was originally planned for the centre of the subdivision, was moved to the

southeast corner to make it more serviceable and to deal with grading concerns due to soft soil, said Murray White, a planner with Novatech.

Houses that Metric planned to be built up against Terry Fox Drive were set further back, with a drainage ditch, pathway and road in between the houses and Terry Fox Drive, said Wood.

However, residents' concerns seemed focused on the traffic impact of the subdivision and the Fernbank community as a whole.

ADAM KVETON/METROLAND MEDIA



Premier Kathleen Wynne SEAN KILPATRICK/THE CANADIAN PRESS

CAR INSURANCE

Wynne admits 15% rate cut a 'stretch'

Premier Kathleen Wynne says her government's target to cut auto insurance rates by 15 per cent by last year was a "stretch goal."

The Liberals promised to reduce car insurance premiums an average of 15 per cent by August 2015 as part of a deal to get NDP support for the 2013 budget when they were still a minority government.

But August came and went with the government's target not even halfway met.

The latest numbers from the Financial Services Commission of Ontario, for the fourth quarter of 2015, show that approved rates decreased on average by 0.15 per cent, putting the decrease at an average of roughly seven per cent from 2013.

"We always knew it was a stretch goal," Wynne said Monday.

"We always knew it was going to be a challenge, and the good news is that insurance rates continue to come down."

NDP critic Jagmeet Singh said the target has never before been held out as anything other than achievable.

"This is the first time in over 2-1/2 years we've ever heard the term 'stretch goal,'" he said.

"It's something that the gov-

ernment clearly stated was possible and made the promise knowingly when we asked for the commitment in 2013."

Progressive Conservative critic Tim Hudak said the "stretch goal" is a brand-new category of politician promises.

We always knew it was going to be a challenge.

Premier
Kathleen Wynne

"It was to buy the NDP support to extend the government for another year," he said. "At least there would be some honesty in that answer."

The government has since introduced legislation that it says will lower costs for insurance companies and will lead to reduced rates for drivers.

Wynne said there are "many" companies whose rates have come down by 15 per cent since 2013, but quarterly figures appear to show it is no more than a handful, at most.

The government will keep 15 per cent as a target, Wynne said, though she would not put a new date on that pledge.

THE CANADIAN PRESS

CRIME

Man wanted for allegedly stealing cash from senior

Ottawa police are looking for a man they allege stole hundreds of dollars from a senior.

Someone knocked on the door of an elderly man's Donald Street home in the middle of the night on Jan. 6, police say. The resident recognized his caller, who had done some yard work

at his house, according to police. The younger man entered the home and took more than \$500 from his wallet, police say. The older man confronted him, but he left with the money.

Police describe the suspect as a white man in his 20s with light brown or dirty blond hair. He was clean-shaven and has a thin build. METRO

Cabela's aims to open in fall

RETAIL

Outdoors store plans to set up camp at Kanata West Centre

The highly anticipated Ottawa Cabela's location is expected to open in September in Kanata — the first store scheduled to open in Taggart's Kanata West Centre.

The 6,500-square-metre hunting, fishing and camping store planned to open in the spring but was delayed by road design work and city approvals, said Jeff Parkes, vice-president of Taggart Realty.

"It's been looked at by a lot of eyes, and as per any large development it just takes a lot of time," he said.

But now the development company expects infrastructure and road work to begin this

month on the site, just west of Tanger Outlets.

Taggart is working to get Cabela's, the new retail area's anchor store, open as soon as possible, said Parkes.

Planned to be included in the large store are a mountain replica, indoor archery range, fudge shop and more than \$1 million in taxidermy services.

The store also plans to hire about 175 full-time and part-time employees, "most of whom

will come from Ottawa and the surrounding area," says a Cabela's news release.

However, Taggart's plans to include on-site RV waste-dumping facilities hit a wall with the city, said Parkes, and won't proceed.

The development company is seeking tenants for some of the 20,000 square metres of retail planned for the site, not including the Cabela's store.

ADAM KVETON/METROLAND MEDIA

Get a 4% cash back windfall.

Earn 4% cash back on absolutely everything for the first six months or on the first \$5000 you spend.¹ There's no annual fee for the first year² and no limits on your cash back. No wonder it's CIBC's cashiest cash back card around.



cibc.com/windfall



Banking that fits your life.

¹The 4% cash back offer (the "offer") is available to all cardholders who apply and are approved for CIBC Dividend® Visa Infinite® Card and CIBC Dividend Platinum® Visa® Card between January 18 and March 31, 2016, and applies to all purchases posted to your account for the first six months, beginning from your account open date and ending 180 days after your account open date, or \$5000 in total purchases (equal to \$200 cash back), whichever comes first. Cash back is earned on purchases less returns and credits. Non-purchase transactions, like interest, fees and balance transfers, do not earn cash back. Credit card account must be open and in good standing at the time the cash back is awarded. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. ²This offer applies to the following eligible cards: CIBC Dividend® Visa Infinite® Card and CIBC Dividend Platinum® Visa® Card. If you apply and are approved for a new eligible card between January 18 and March 31, 2016, CIBC will rebate the annual fee for you (the primary cardholder) and up to three authorized users added at the time of the application. This offer applies for only the first year. This offer does not apply to transfers from another credit card account. This offer may be withdrawn or changed without prior notice at any time. CIBC may, in its sole discretion, disqualify, limit or revoke this offer if you are believed to be abusing or manipulating it, or engaging in any suspicious or fraudulent activity. Further conditions apply. Visit cibc.com/windfall for more details. ³Trademark of Visa Int., used under license. The Contactless Indicator is a trademark of EMV Co. LLC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC. All other trademarks are owned by CIBC.

A 120-year-old's birthday wish

MILESTONE

One of oldest persons alive yearning to meet Trudeau

Cicilia Laurent is a woman who has lived in three centuries, from before the discovery of human flight to Haiti's devastating earthquake in the new millennium.

To mark her birth on Jan. 31, 1896 — something that, if verified, would make her the second-oldest person ever — Madame Laurent would like nothing more than to meet Prime Minister Justin Trudeau.

"Will he come see me?" she asked last weekend. "I would be so happy. Before I die I would be so happy to meet him. I'm waiting and you can let me know if it's going to happen."

If the Liberal leader's audience is anything like Torstar News Service's recent visit with her, she will offer Trudeau, his wife and children lots of prayers for their health



1 Cicilia Laurent at home in Laval, Que. Born in Haiti on January 31, 1896, Cicilia will turn 120 years old this year. 2 Cicilia and her great-grandson, Christian. 3 A photo of Cicilia when she was a young 112 years old.

and wealth. He will also undoubtedly be invited to recite scripture, following Laurent's devout evangelical lead.

She will hold his hands, touch his face, laugh and share her contagious optimism in a tough-to-decipher

Haitian Cr  ole, translated into French by one of her children or grandchildren.

But one special request is certain. The woman who could pass for the matriarch of humanity would like special permission for her be-

loved grandsons in Haiti, Patrick and Joel, to come see her in Canada, possibly for the last time.

"You don't know how important they are for her," says Laurent's grandson, Ronald Cherri.

I don't argue with anyone. I never get angry. I never fight. And I'm a Christian, so if someone is sick I pray for them.

Cicilia Laurent

It is an achingly real wish in Laurent's dwindling world. One in which it is becoming harder to hear, harder to see and harder to recall what happened 10 years ago, 30 years ago or even a century ago.

The other ache is in her legs. After nearly six years in the country, they still flare up in the frigid winters, she said.

"I love Canada but it's the cold that I don't like. It's a great country."

Laval, just north of Montreal, has been home for Laurent since shortly after the deadly 2010 earthquake in Haiti. All around her, she recalled, houses crumbled and were flattened. Many neighbours and friends died.

So who is Cicilia Laurent? According to a 2005 document provided to Torstar News Service that is known as a late declaration of birth, she was

born 120 years ago on Jan. 31 to Erzulie Laurent in the village of Pestel, about 300 kilometres west of Port-au-Prince.

Cherri, her grandson, said Laurent gave birth to 12 children, six of whom survived childbirth. Three are still alive. Her eldest daughter, from a first marriage, died a few years ago at the age of about 96, Cherri said.

She says her secret is keeping an even keel, eating well and having faith in God.

But the proof of her extraordinary birth date is not solid enough for her to assume her title as the world's oldest living person, a crown currently worn by New York's Susannah Mushatt Jones, who has been verified by the Guinness World Records as being born on July 6, 1899, making her 116 years old.

TORSTAR NEWS SERVICE

IN BRIEF

Housing bottlenecks halt acceptance of refugees

Vancouver and Ottawa, are taking a break from accepting any more government-assisted Syrian refugees as agencies in both cities try to work through housing bottlenecks. A surge of arrivals in the last month filled temporary housing to capacity.

THE CANADIAN PRESS

Mulcair looking to future

Tom Mulcair found himself fending off questions about his political future Monday ahead of his party's two-day caucus retreat in Montebello, Que. Mulcair insisted he remains fully motivated as leader, even though the memory of last October's devastating election result is still fresh in his memory.

THE CANADIAN PRESS

Infrastructure will help economy: Morneau

As bad economic news rattles nerves on stock markets, the Liberal government is determined to project a stay-the-course approach. Finance Minister Bill Morneau said the government is casting about for infrastructure projects that "will enhance the long-run productive capacity of the country." THE CANADIAN PRESS

**REAL ADVICE
REAL INSPIRATION
REAL EXPERTS.**

SEE CELEBRITY GUEST EXPERT



The all new Ottawa Home + Remodelling Show is the most trusted resource for every home improvement project, inside and out. With big names like **Bryan Baeumler**, star of HGTV's *Leave It To Bryan*, plus more than **160 exhibitors** and a slew of exciting new features, there's real advice, real inspiration and real experts at every turn. Satisfaction guaranteed — or the price of admission is on us!

SAVE \$4

*ON REGULAR ADULT ADMISSION

BUY TICKETS ONLINE
PROMO CODE: **METRO**

OTTAWAHOMEANDREMODELLINGSHOW.COM

PRODUCED BY EXPO MEDIA PROPERTY OF MARKETPLACE EVENTS



Sophie Gregoire-Trudeau sang a song in honour of her daughter at Ottawa City Hall on Monday at an annual Martin Luther King Day event. SCREENGRAF/YOUTUBE

CITY HALL

Sing us a song, Sophie

The audience for Martin Luther King Day at Ottawa City Hall got an unexpected bonus Monday when Sophie Gregoire-Trudeau offered an impromptu a cappella rendition of a song she wrote for her daughter.

The prime minister's wife was a guest speaker at the city's annual Martin Luther King Day event, but decided to go beyond simple remarks.

In a video clip posted on various media sites, Gregoire-Trudeau said she was inspired by singers earlier in the program and wanted to offer something of her own.

"It's not planned, trust me," she said.

"I am going to sing you a song that I wrote for my daughter Ella-Grace at a moment

when I was going through a difficult time and where I remind myself of all the hope that there is in one's life and all the hope that there is in life."

She launched unaccompanied into the song, titled "Smile Back at Me."

When she finished the short, bluesy tune, she was rewarded with a standing ovation from the guests, including former prime minister Joe Clark.

Clark was on hand to receive the DreamKeepers lifetime achievement award.

Gregoire-Trudeau, meanwhile, is no stranger to singing on camera. In December, she and her husband recorded themselves singing "Jingle Bells" in a clip posted on YouTube. THE CANADIAN PRESS



BURKINA FASO
BUSINESSES REOPEN
AMID BEEFED-UP
SECURITY

A soldier stands guard outside the Splendid Hotel in Ouagadougou, Burkina Faso, on Monday. In the wake of a weekend attack that killed up to 32 people, security was beefed up across the capital city as businesses and banks reopened. The nation also announced a joint effort with neighboring Mali in the fight against Islamic extremists in the West African region. **SUNDAY ALAMBA/**
THE ASSOCIATED PRESS

British parliament polarized on Trump

EUROPE

MPs slam U.S. presidential hopeful; most opposed to ban

Donald Trump doesn't have many fans in Britain's Parliament.

But a debate among lawmakers on calls to ban Trump from the country revealed little appetite to close Britain's doors to the provocative Republican U.S. presidential contender.

During a three-hour debate Monday, legislators from Britain's main parties stood to call

Trump an attention-seeker, a demagogue and a fool. Many, though, argued that he should not be stifled or banned.

"While I think this man is crazy, while I think this man has no valid points to make, I will not be the one to silence his voice," said Conservative lawmaker Tom Tugendhat.

Parliament took up the topic after half a million people signed a petition calling for Trump to be excluded over his call for a temporary ban on Muslims entering the U.S. in the wake of extremist violence. Trump has also claimed that some areas of Britain are so radicalized that police fear for their lives.



Donald Trump is a fool. He is free to be a fool. He is not free to be a dangerous fool on our shores.

Jack Dromey, Labour Party member of parliament

Labour Party legislator Paul Flynn, who opened the session, said Trump had already received "far too much attention."

"The great danger by attacking this one man is that we can fix on him a halo of victimhood" and boost his popularity among supporters, Flynn said.

Prime Minister David Cameron has condemned Trump's remarks about Muslims as "divisive, stupid and wrong," but he and other senior officials have said they do not think Trump should be banned.

The government has the power to deny entry to people with criminal convictions or those whose presence is considered not "conducive to the public good." The power has been used against figures as diverse as boxer Mike Tyson, rapper Tyler the Creator, radical Muslim preachers and the late Christian fundamentalist Fred Phelps Sr. **THE ASSOCIATED PRESS**

IN BRIEF

Germany: Sexual-assault suspect in custody

A 26-year-old Algerian man has become the first person arrested in connection with a string of sexual assaults during New Year's celebrations in Cologne that sparked debate about Germany's ability to integrate migrants. **THE ASSOCIATED PRESS**

French president declares economic emergency

French President Francois Hollande declared "a state of economic and social emergency" while unveiling a \$2.2-billion US plan to catch up to the global economy. **THE ASSOCIATED PRESS**

NASA

Satellite to track rise in sea levels

NASA has launched a satellite into orbit that it says will be able to measure the rise in sea level across 95 per cent of the Earth's ice-free oceans and help scientists predict extreme weather events linked to global warming.

The Jason-3 satellite was launched aboard a rocket in California on Sunday and it will be fully operational after a six-month testing phase, the U.S. space agency said in a statement.

Joining its predecessor, Jason-2, the satellite will track the height of the sea level, the speed and direction of ocean currents and tides, and collect information about solar energy

stored in the ocean.

They will help climate specialists forecast the strength of extreme weather events, such as tropical cyclones, NASA said.

Jason Thistlethwaite, an assistant professor of business and environment at the University of Waterloo in Ontario, said the rise in sea level is "the greatest physical and economic threat from climate change."

"Reducing our uncertainty around the impacts of sea-level rise and extreme ocean weather will go a long way to reducing our vulnerability to the economic and social impacts of extreme events on our coastlines," he said. **TORSTAR NEWS SERVICE**



A young girl wades in the water where a kitchen once stood in Senegal.

JANE HAHN/
THE ASSOCIATED PRESS

NO ONE SHOULD HAVE TO SUFFER FROM FOOT PAIN

Your feet aren't supposed to hurt.

Even if you work on them or lead a very active lifestyle your feet are designed to support you without hurting.

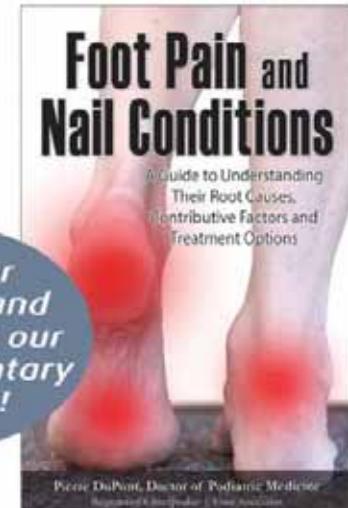
But many things, including the hard and unnatural surfaces we spend most of our time walking on can cause us to experience a variety of pains in our feet including heel pain.

Heel pain - such as sharp stabbing pains in your heel when you step on the floor in the morning - is not something you have to live with.

If your feet aren't 100% comfortable, then just call 613 595-9700 or go to www.OttawaFootPractice.com

to request a **FREE** copy of our book which will answer your questions and give you the peace of mind you need.

You can also call our office right away to make an appointment (often the same week).



Visit our website and download our complimentary e-book!



Pierre Dupont,
Doctor of Podiatric Medicine
Registered Chiropodist | Foot Specialist

28 Deakin Street, Suite 101 | 613 595-9700
OttawaFootPractice.com

Jeans, beer now costlier than oil

ENERGY

Crude at near 12-year low on fears Iran will open floodgate

Just how cheap is oil these days? Not only does a standard steel drum barrel cost more than three times the 42 gallons of crude that could go in it, the actual lid now costs more, too.

In fact lots of everyday items, from pizza to Levi's to a two-four cost more than 'black gold' these days, thanks to the tanking Brent crude price, which dipped below \$28 US a barrel in London Monday.

Oil traded near 12-year lows after the lifting of international sanctions on Iran paved the way for increased supply amid a global glut, Bloomberg News reports. Iran is beginning efforts to boost output and exports by 500,000 barrels a day now that restrictions have ended, Amir Hossein Zamaninia, deputy oil minister for commerce and international affairs, said Sunday.

"Clearly, what is happening is that markets are continuing to be quite anxious about the possibility that we will see Iran bring back quite a bit of oil," said Bart Melek, the head of commodity strategy at TD Securities in Toronto. "This probably is a little quicker than people thought."

Avery Shenfeld, chief economist at CIBC World Markets, said that prices for raw materials are much more volatile than manufactured items, so when a commodity plunges the way oil has over the last year, the effect is far more pronounced. It's lost 21 per cent of its value this month alone.

"Oil has fallen a long way, so it makes sense" that it can now be compared to restaurant food and clothing, he said.

The veteran economist noted the price per barrel of crude was roughly comparable to everyday items in the '80s, too. (The steel drum that is frequently seen to depict an oil barrel is actually a 55-gallon container, but it's not what is used to transport and deliver oil. Today, a barrel of oil is simply a measurement.)

TORSTAR NEWS SERVICE

BY THE NUMBERS | Things that cost more than a \$28 US (about \$40.76) barrel of crude



FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

April 11 to July 2, 2016

Evenings: 6 pm to 9 pm (9 Levels)
Saturdays: 9 am to noon (8 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

April 11 to July 2, 2016

Evenings: 6 pm to 9 pm (6 Levels)
Saturdays: 9 am to noon (2 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

February 16 to March 11, 2016

Levels 1, 3 and 5: 9 am to noon
Levels 2, 4 and 6: 12:30 pm to 3:30 pm

ENGLISH AS A SECOND LANGUAGE

February 16 to March 11, 2016

NEW! Level 5: 12:30 pm to 3:30 pm; Level 6: 9 am to noon

FEES: \$35.00

(Immigrants, naturalized Canadians, Refugees whose language is not English)

All new students need to go to the Language Assessment and Referral Center prior to registration. Please call **613-238-5462** for an appointment.



CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3;
Fax 613-741-2191
educationpermanente.ca

ép
EDUCATION PERMANENTE

INVESTING

BMO first to launch robo-adviser service

The Bank of Montreal has launched an online portfolio manager, making it the first of the big five banks to wade into the "robo-adviser" business.

The service, dubbed SmartFolio, is available to all investors starting Monday.

Other large Canadian banks have hinted they're considering a foray into online investment advice.

The launch of SmartFolio responds to concerns that banks risk losing market share if young, tech-savvy millennials ditch trad-

itional banking in favour of fintech startups that offer low-cost, online investment management services.

Typically, clients without enough assets to warrant hiring a full-service investment adviser have had few options besides mutual funds. Robo-advisers such as WealthSimple, NestWealth and WealthBar aim to fill that gap in the marketplace by providing a cost-effective investment option for such clients.

THE CANADIAN PRESS

0.7%

SmartFolio's management fee for the first \$100,000. The minimum account size is \$5,000.

market minute

	DOLLAR 68.70¢ (-0.12¢)
	TSX 11,942.17 (-131.29)
	OIL Closed for holiday
	GOLD Closed for holiday
	NATURAL GAS : \$2.124 US (+2.4%) DOW JONES : Closed for holiday

IN BRIEF

Richest 62 people own half the wealth: Oxfam

As the political and business elite head for this week's World Economic Forum in Davos, a report from Oxfam says just 62 people own half the world's wealth. That compares with 388 five years ago. THE ASSOCIATED PRESS

Millenials clueless on RRSPs

Nearly a third of young Canadians admit they are "not at all knowledgeable" about retirement savings plans, according to a survey done for TD Bank.

The report also suggested that a large proportion of those aged 18 to 33 are uninformed about what registered retirement savings plans can and cannot be used for.

Only half knew that money in an RRSP could be used to help buy their first home, while just 28 per cent knew it could be used to help further their education later in life under the lifelong learning plan.

The survey also found that 64 per cent were unaware that RRSP savings could not be used to make a charitable donation and 60 per cent mistakenly believed that they could be used to pay childcare expenses.

THE CANADIAN PRESS

52%

The percentage who incorrectly believe an RRSP could be used to finance a car. Half thought it could buy a second home.



THE BIG THING: THE WORLD ECONOMIC FORUM

Davos. Just the word evokes images of the world's biggest bigwigs, meeting on top of a secluded Swiss mountain, discussing the future of the world economy and comparing the sizes of their enormous piles of money. But the World Economic Forum is much more than that — and this year, Canada will be front and centre at the global gathering. It begins Wednesday.

WHAT YOU NEED TO KNOW

The World Economic Forum is an annual meeting of more than 40 heads of state and 2,500 business leaders and other movers and shakers — some of the richest and most influential people on earth.

It's often referred to as "Davos," the name of the small resort community where it's held.

Canada is making a point to have a strong showing at the conference in hopes of creating economic opportunities for the country.

The anti-capitalist protests and controversies that once surrounded Davos have eased.

The theme this year is about how digital technology is transforming every aspect of life — what some have termed the "Fourth Industrial Revolution."



Calming down about capitalism

Massive crowds of anti-globalization protestors were once as common a sight at Davos as conservatively cut suits. In the 1990s and early 2000s, hundreds of thousands of people marched in Switzerland and cities around the world to draw attention to the social and environmental costs of the global free market. In 2003, fuelled in part by anger about the escalating Iraq war, demonstrations descended into riots in the Swiss city of Bern. In recent years the crowds have dwindled to a few hundred — and they aren't allowed anywhere near the conference.

Revolution redux

Attendees — Davos is invite-only, of course — have each been sent a copy of *The Fourth Industrial Revolution*, by Klaus Schwab, the founder of the World Economic Forum. In his view, the first industrial revolution was the birth of water and steam power, the second was mass production and mass media and the third was the digital revolution. And in the fourth — the one we're in now — technology is being fused into almost everything in the physical, digital and biological worlds. How will the global economy react when "smart factories" replace jobs and vehicles start driving us to work? That's what world leaders and business giants are putting their heads together about.

WITH REPORTING FROM DON TAPSCOTT/SPECIAL TO TORSTAR NEWS SERVICE

THE BIG NUMBER

5

That's the number of cabinet ministers who will be accompanying Prime Minister Justin Trudeau to Davos this year. This move is seen by many as an investment of time and resources in marketing Canada's economy to the rest of the world at a time when one of its most lucrative industries — oil — is taking a nosedive steeper than any alpine peak.

ROSEMARY WESTWOOD

metrview

Porn's lost its power to shock. That could save some money.

The ubiquity of online pornography has spawned an ironic turn of events.

To explain, take the case of the Barriere & District Chamber of Commerce, which found its website had become a porn hub earlier this month.

The chamber, set in a tourism and alfalfa-growing town of less than 2,000 in B.C.'s southern interior, had let the domain name *barrierechamber.com* lapse. It was then snapped up by Al Perkins, an apparent domain-name scalper who lives on an island off the coast of Normandy and looks for lapsed domains to exploit. He leased the domain to *PornoLaba* and asked for a reported \$9,700 from the chamber to get it back ("It's just pure business," he told the *National Post*). Otherwise, it would be all gagging, fantasy and college porn, all the time.

But the chamber, after a rejected \$500 counter-offer, did not die of shame. It just started another website.

So did White Rock realtor Jacqollyne Tomsin, when she found that her website had turned into a homepage for "Rude Space — the adults playground." According to a *Peace Arch News* report in 2013, Tomsin wouldn't give Perkins the \$1,000 he requested.

What this says to me is that Internet-pranksterdom and graphic online porn are now so common, we expect

home-buyers in White Rock or new businesses in Barriere to understand if they click a link and up pops a spanking fetish.

"Ah, just some more unwanted online pornography clickbait," they'll say.

According to estimates from the researchers behind *A Billion Wicked Thoughts*, a book about online sexuality and neuroscience, porn accounts for about four per cent of websites and 13 per cent of web searches.

And while buying up lapsed domains is a legitimate business, the strong-arm porn tactics for selling domains back to their original owners are looking increasingly weak.

Not only is porn's power to shock diminishing, it's also losing its aura as an untouchable force on the internet.

In a first in Canada, Manitobans can now sue people who distribute nude photos of them online against their will, under new legislation targeting child pornography and revenge porn that took effect yesterday. Dozens of U.S. states also have revenge porn laws. The rest of the country would do well to follow suit.

There's no need to feel hostage by an opportunist with erotic tastes, and there's no reason to deny victims exploited via porno sites their due justice.

Porn might be ubiquitous, but we're not helpless.

metr
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at www.mymetrostore.ca

Your essential daily news

Jada Pinkett Smith and Spike Lee to boycott "lily white" Oscars

EXERCISE

Use a staircase to loosen up those hips

Learn how to make peace with your pelvis using a do-it-anywhere exercise called the Hippy Hangout. This movement multi-tasker is as efficient as it is effective. It liberates your hip flexors on one side, while bolstering the outer hip muscles on the other side.

1. Holding onto a wall or railing for support, stand sideways on a flight of stairs with one foot on a tread and the other foot dangling in space.

2. Taking care to level your hips, imagine your dangling leg attaches to your body just underneath the bottom ribs, rather than at the hip. Relax the leg and let it hang heavy.

3. Begin to passively sway the leg without using any real muscular effort. The movement should be slow and pendulous as if you were wearing a clog made of gold.

4. Hang out with gravity for 30 seconds, or until the outer hip of the standing leg fatigues.

5. Step down and feel the difference between your legs as you take a few exploratory steps.

6. Repeat on the other side.

Use the Hippy Hangout to improve pelvis stability, eradicate hip and low back pain and access your happy place.

TORSTAR NEWS SERVICE



Stretch your yoga practice into daily life



ON THE GO

Work your core

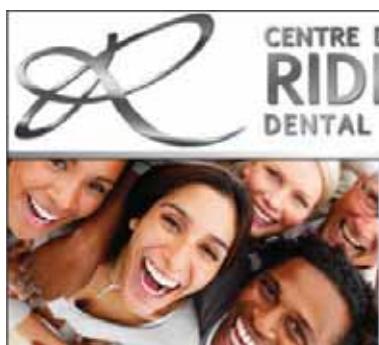
This is a "tune-up" exercise to strengthen your core that you can do anywhere, even on public transit.

1. Sit or stand with good posture.
2. Inhale deeply to swell belly and chest. Retain the breath inside.

3. Against the resistance of the held breath, engage and pack in your core muscles to hug your spine from every possible angle. It'll feel like a blood pressure cuff tightening around your torso. If you feel your chest, belly, waist and low back with your hands, the tissues will be taut below the soft stuff at the surface. Fake a cough to engage the muscles further. This is your Totally Tubular Core.

4. Without releasing the awareness or muscular engagement, exhale and continue to breathe normally. Find the balance between full breaths and the cylindrical cushioning and support offered your spine.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com



CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE

STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

THIS WEEK: *The Four Types Of Teeth And Their Functions In Your Mouth*

613-230-7475
2nd Level
Rideau Centre

WORLD FAMOUS SPIRITUALIST & PSYCHIC
Master: RAMDEV
100% GUARANTEE
ALL RELIGIONS WELCOMED
KNOW YOUR LIFE & ADJUST YOUR WAY
LOVE, MARRIAGE, HUSBAND-WIFE, FAMILY, BUSINESS, EDUCATION,
JOB, SUCCESS, HEALTH, COURT, DIVORCE, CHILDREN MISTAKE, ETC
REMOVES BLACK MAGIC, JADOO, VODOO, WITCHCRAFT
OBEYA & GIVES 100% FULL LIFELONG PROTECTION
HE CAN HANDLE ANY KIND OF PROBLEMS
613-462-4165
558 THOMSON ST. OTTAWA (MONTREAL & ST. LAURENT BLVD)

metr

**Tell us
how
you
really
feel.**

Join our online reader panel
and help make your Metro
even better.

metronews.ca/panel

RESEARCH

Heart attacks deadly for those living on 15th floor or above

Cardiac arrests happen most often at home. Researchers knew that.

What they didn't know, until now, is this: If your home is a highrise, the higher your floor, the lower your chance of survival.

A new study published Monday in the Canadian Medical Association Journal examined five years of health data from the City of Toronto and Peel Regions — selected because of high population density.

Specifically, researchers wanted to see what effect "vertical delay" played on life and death when someone called 911 to report a cardiac arrest.

Can floor level actually determine a person's likelihood of survival?

The short, conclusive and alarming answer is yes.

Researchers examined nearly 8,000 cases of cardiac arrest between 2007 and 2012. Survival was 4.2 per cent for those living on the first or second floor.



They found those who lived between the third and 15th floors had a 2.6 per cent chance of surviving to hospital discharge.

Survival was "negligible" — less than one per cent — for those living on floor 15 or above.

There were 30 residents in the data that went into cardiac arrest on the 25th floor or above.

"They all died," said Dr. Laurie Morrison, a scientist at St. Michael's Hospital and one of the study's authors.

Researchers studied the data to see if there were any particularly "toxic neighbourhoods" where residents were more likely to die of cardiac arrest. But there were no conclusions to be drawn from geographic or socioeconomic factors.

"It doesn't matter whether you're poor, middle class or high class, it's just the vertical that makes a difference," said Morrison, who is also director of Rescu — a group that studies out-of-hospital emergency health care.

When first responders arrive at a condo or apartment building, access barriers can delay the amount of time it takes them to reach a patient.

In some cases, the building is inaccessible from the outside or an elevator is unavailable.

Typically, there is no defibrillation device on scene to allow a bystander to help restart the resident's heart before emergency crews arrive.

Survival rates decrease seven to 10 per cent with every one-minute delay to defibrillation.

THE NUMBERS
There were 30 residents in the data who went into cardiac arrest on the 25th floor or above. They all died, the study author said.

"As more highrise buildings are built, in response to the demand for affordable condominium and rental properties," the study noted, "the negative impact on community survival may increase."

The study suggests a few interventions that may increase survival rates in highrise buildings.

Fire departments have a universal access key that gives them sole and immediate access to elevators but paramedics do not.

Expanding this access to paramedics, who may be first on scene, should be an easy fix, researchers say.

"Availability of a universal key seems like a simple intervention but it has remained unaddressed for decades," the study reported.

The study also calls on landlords, property management companies and condo boards to consider purchasing automated external defibrillators for their buildings and training staff in their use.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING**A heartbreakin, poetic farewell**

THE SHOW: Truly, Madly, Deeply (YouTube)
THE MOMENT: The poem scene

Jamie (Alan Rickman) died, but his widow Nina (Juliet Stevenson) mourned him so abjectly that he returned. Gradually he showed her that living with a ghost wasn't living. Now he's saying goodbye.

"How's your Spanish?" he asks her. "There's a poem I want you to translate." He begins to recite Pablo Neruda's The Dead Woman. She translates aloud.

"Forgive me, if you are not living," she says. Recognition dawns in her eyes: "I know this poem," she says.

He keeps reciting, she keeps translating. "If you, beloved, my love, if you have died/All the leaves will fall in my breast/My feet will want to march to where you are sleeping." Here she interjects, "Your accent's terrible." She moves to him. "My feet will want to march to where you are sleeping," she repeats, her eyes locked on his. "But I shall go on living."

"Do you want me to go?" he asks. "No!" she cries. "Never,"



Alan Rickman delivered one of the most aching goodbyes in cinema. CONTRIBUTED

never." They embrace.

After Rickman died last week, I called up this scene from his 1990 film, one of the most achingly romantic goodbyes in moviedom. Only someone as clever — and probably British — as the late writer/director Anthony Minghella could base a throat-tightening farewell around poem translation (leavening it perfectly with that accent crack). And only

Rickman, with his delicious languor and panther-purr voice, could pull it off so swoonily.

Contained emotion was a Rickman specialty, but here he lets it spill over, giving us permission to weep with him. And for him. Rest in peace.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage, Le Canada en scène.



NAC ENGLISH THEATRE
JILLIAN KEILEY — ARTISTIC DIRECTOR
nac-cna.ca



WILLIAM SHAKESPEARE'S
TWELFTH NIGHT
AS IMAGINED BY THE
OLD TROUT PUPPET WORKSHOP

JAN 20 — FEB 6

**Attention Full-time students
Get Live Rush
tickets to this show**

Live Rush tickets available as of 10 a.m. the day before the show up to show time. Visit liverush.ca to see what Live Rush eligible NAC shows are coming up!

MEDIA PARTNERS



* Some restrictions apply. Full-time students must be between the ages of 13-29.

\$15
NAC tickets*

TRINITY
LIVE RUSH™



Cope with arrival of the flu season

It's that time of year again when Canadians collectively brace themselves for the inevitable spread of the flu virus. However, all is not bleak as there are steps you can take to help prevent and cope with the onslaught of illness.

Here are the top 10 tips to stay healthy this flu season:

1. Avoid close contact with people who are sick. If you have the virus, protect others by keeping your distance.

2. Wash your hands frequently, especially before meals. Flu viruses are spread by droplets from infected people when they sneeze, blow their nose, or wipe away secretions from their nose or eyes. Try to keep your hands away from your mouth and eyes during this time.

3. Eat a healthy diet rich in vitamins C and E to help boost your immune system. Foods rich in vitamin E include sunflower and corn oils, sunflower seeds, and nuts. You can get your daily vitamin C from foods like orange juice, citrus fruits, broccoli and green peppers. Reduce intake of concentrated sugar found

in sodas and candy, as it impairs the immune system's response.

4. Get a good night's sleep to keep your body's immune system at optimum efficiency.

5. Stay hydrated. Increasing water intake will help you stay healthy and lessen the chances of coming down with the flu.

6. Cover up when you sneeze or cough with a tissue or arm to prevent the spread of the virus.

7. Exercise regularly. Not only can regular exercise lower stress, but research indicates that it can stimulate the immune system and promote healthy sleep. In a recent study reported in Medicine and Science in Sports and Exercise, scientists found that modest exercise may prevent the elderly from getting colds and flu.

Feeling the onset of flu-like symptoms?

8. Get lots of rest. Using excessive energy steals valuable resources from your immune system. Drinking plenty of fluids can prevent dehydra-



ISTOCK

tion caused by fever, loosen mucus, and keep your throat moist. Warm liquids are preferable, and there is some evidence that inhaling steam early in the course of the flu may reduce the spread of viruses in your upper respiratory tract.

9. For treatment, you could look to homeopathic remedies including *Anas barbariae*, *Eupatorium perfoliatum* or *Arsenicum album* said to reduce the duration of flu-like symptoms, such

as fever, chills, body aches and headaches. The sooner you start treating symptoms, the better chance you have for a quick recovery.

Keep in mind, homeopathic medicines may not be right for everyone, always read and follow directions on the label.

10. If your symptoms become significantly worse after the first three days of illness, especially if your fever subsides and then returns, see your doctor right away.



CONTRIBUTED

Early treatment for varicose veins

If you're experiencing pain or a burning sensation in your legs, numbness, heaviness or fatigue, you could be suffering from varicose and spider vein problems.

Varicose and spider veins affect nearly 60 per cent of the population and, thanks to hormonal factors, the condition is three times more common in women than men. Varicose and spider veins occur when the vein wall loses its elasticity and the pumping valves stop functioning properly.

Experts agree, the best way to treat a poten-

tial problem is through early diagnosis.

"Early treatment will give you better results," says Dr. Lucie Beaupré of Dr. Beaupré Vein Clinic. "Sometimes spider veins are a sign of something more serious that the patient should be seeking treatment for."

When it comes to treating varicose veins, no doctor in the Ottawa area is more qualified.

Since 1978, Dr. Beaupré has treated, or supervised the treatment of, more than 100,000 patients. She is a member of both the Canadian Society of Phlebology and the Amer-

ican College of Phlebology and the first doctor in Ottawa to be certified by the American Board of Venous and Lymphatic Medicine.

Her clinic was also the first in the province to perform ultrasound guided sclerotherapy for treating large veins without surgery. The procedure involves a solution injected into the varicose veins. Within a few weeks, the veins disappear completely.

Almost any type of varicose vein disease can be treated with sclerotherapy. For more information, visit drbeaupreveinclinic.com.

Give your Legs a Facelift!



VARICOSE VEINS

Painful veins on your legs?
Good news: NO Surgery!
Ultrasound-guided injections treat large varicose veins.

Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine

SPIDER VEINS

Spider veins on your legs or face? Get rid of them with simple injections.

1335 Carling Avenue, Suite 600
(613) 722-0101



DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE

www.drbeaupreveinclinic.com



ISTOCK

Hormone imbalances can prevent weight loss

The arrival of a new year often brings weight loss resolutions along with it. But instead of blindly starting fad diets, people should actually determine what factors are making it difficult for their bodies to lose weight.

NutriChem, a naturopathic clinic and compounding pharmacy in Ottawa, helps people with their weight loss by getting to the root cause of why they are keeping the pounds on in the first place.

"There are a number of reasons why people gain weight, and eating a poor diet is only one of them," says NutriChem's Naturopathic Doctor Tanya Manikkam. "It's an important factor, but it's not the only one."

Other factors preventing people from losing weight include a lack of exercise, metabolism issues, food intolerances, and hormone imbalances.

The hormone insulin is well known to people with diabetes, but even individuals without diabetes can have improper levels of this hormone in their blood.

"Excess insulin in the blood makes people crave sugar and prevents them from burning fat," explains Dr. Manikkam.

Thyroid hormone also affects a person's weight. When a person's thyroid isn't functioning properly, such as in hypothyroid-

ism, they will have low energy, thinning hair, dry skin, and will gain weight or have difficulty losing it. We can control the thyroid by getting enough exercise and by making sure that we are not deficient in certain vitamins and minerals.

Another hormone that affects a person's weight is cortisol, also known as "the stress hormone." Released by the adrenal glands, cortisol is what prepares the body for the fight or flight response to stressors, and is responsible for depositing fat reserves in the abdominal area.

Through their comprehensive testing and personalized health solutions, NutriChem clinicians are able to test these hormone levels to determine if they are contributing to a person's inability to lose weight.

"Too many people are doing unnecessary things to lose weight because they don't know what their body actually needs," says pharmacologist Kent MacLeod, NutriChem's founder. "We determine exactly what will get them results based on their body's biochemistry."

To find out if you have a hormone imbalance that is preventing you from losing weight, or more information, visit nutrichem.com.



Get Rid of That Winter Bulge!

Find out if your unbalanced body biochemistry is preventing you from losing weight. Come in to get the most comprehensive testing available for you and your family.

"I am feeling much better, number one is improved sleep and losing weight! I am very pleased with the experience."
– Elizabeth, a BCB Test and custom multivitamin client

NutriChem can create your very own personalized vitamin and mineral formula to help you with your weight loss goals!

 **NutriChem**TM
Personalized Health Solutions



NutriChem Compounding Pharmacy & Clinic

1303 Richmond Road • 613-820-4200 • frontstore@nutrichem.com

West-End Clinic

1305 Richmond Road, Suite 204 • 613-721-3669 • clinic@nutrichem.com

East-End Clinic & Retail Store

1185 St. Laurent Boulevard • 613-695-5405 • stlaurent@nutrichem.com

www.nutrichem.com

The B.C. government reports a cost of almost \$5 million to process hundreds through the justice system after the Stanley Cup riot

NFL

Panthers face ban on trendy gadget

Carolina Panthers coach Ron Rivera has banned hoverboards from the team's facility, fearing players will get injured.

Rivera says he recently caught a couple players "drag racing" in the hallways of the stadium and wasn't thrilled.

Rivera says, "You see those things on YouTube blowing up and stuff? That is what concerns me more than anything else — something crazy happening."

The Panthers (16-1) host the Arizona Cardinals on Sunday in the NFC championship and the last thing Rivera wants is someone falling off after getting injured. He also says the team has encouraged players not to ride them to work, but says there's little he can control outside of the facility.

"We try to limit their exposure to injury," Rivera said.

THE ASSOCIATED PRESS

TOP OFFENCE

The Panthers finished the regular season as the highest-scoring team in the NFL, and have scored at least 27 points in 14 of their last 15 games. All-Pro quarterback Cam Newton became the first quarterback in NFL history to throw for 35 touchdown passes and run for 10 TDs.

Federer wants answers amid match-fixing claims

TENNIS

Authorities reportedly suppressed proof of scams

Roger Federer has heard enough speculation about match-fixing in tennis and if players are suspected of corruption, he wants names.

Federer was responding to reports by BBC and BuzzFeed News published Monday that tennis authorities have suppressed evidence of match-fixing and overlooked suspected cases involving players ranked in the top 50, including Grand Slam singles and doubles winners.

The reports said none of these players had faced sanctions and more than half would be playing at this year's Australian Open, which started Monday. The players weren't identified by name.

"I would love to hear names," Federer said after beating Nikoloz Basilashvili of Georgia 6-2, 6-1, 6-2. "Then at least it's concrete and you can actually debate about it. Was it the player? Was it the support team? Who was it? Was it before? Was it a doubles player, a singles player? Which Slam?"

ATP chairman Chris Kermode appeared at a news con-



Roger Federer won his first-round Australian Open match against Nikoloz Basilashvili in straight sets on Monday. SAEED KHAN/AFP/GETTY IMAGES

ference to reject the assertion that match-fixing had gone unchecked in the sport, saying the Tennis Integrity Unit remained "constantly vigilant and not complacent" when it comes to tackling corruption.

The BBC and BuzzFeed allegations were based on files they reported had been leaked "from inside the sport" showing evidence of suspected match-

So how high up does it go? The higher it goes, the more surprised I would be.

Roger Federer on reports of match-fixing in tennis

fixing orchestrated by gambling syndicates in Russia and Italy that had been uncovered during an ATP investigation of a 2007 match in Sopot, Poland, involving suspiciously high levels of betting.

According to the reports, the ATP investigation widened to uncover a network of other players suspected of match-fixing, but officials didn't fol-

CANUCKS

Bouchard on to 2nd round

A resurgent Eugenie Bouchard continued her injury comeback with a straight sets win in first-round action at the Australian Open.

The 21-year-old from Westmount, Que. dispatched Serbia's Aleksandra Krunic 6-3, 6-4 in just over an hour, hitting 14 winners, along with 14 unforced errors.

On the men's side, Vancouver's Vasek Pospisil was eliminated by Gilles Simon, losing 7-6 (4), 3-6, 2-6, 4-6.

THE CANADIAN PRESS

low up on the cases. Since then, the reports said, the ATP has repeatedly been warned by bookmakers, foreign police and other investigators about many of the same players, but hasn't taken any action against them.

Top-ranked Novak Djokovic confirmed that members of his support team were approached about throwing a match in Russia in 2007.

"Of course, we (rejected) it right away," he said. "It didn't even get to me — the guy that was trying to talk to me, he didn't even get to me directly. There was nothing out of it."

THE CANADIAN PRESS

NHL

Kane's 7-point week earns first-star nod

Patrick Kane has been named the NHL first star of the week after his seven-point performance helped the surging Chicago Blackhawks extend their winning streak to 11 games.

Kane had four goals and three assists last week, including his first regular-season hat trick in a 4-1 win at Toronto on Friday.

He closed the week by recording one goal and one assist in a 5-2 win over Montreal on Sunday.

The Buffalo, N.Y., native leads the League in goals (29), assists



(40) and points (69).

Calgary Flames centre Sam Bennett is the second star after scoring six goals in three games.

Los Angeles Kings centre Anze Kopitar had two goals and five assists in three games to claim third-star honours.

THE CANADIAN PRESS

IN BRIEF

Gordon inks five-year deal with Marlins

National League batting champion Dee Gordon signed a \$50-million, five-year contract Monday with the Miami Marlins.

Gordon led the NL in batting (.333), hits (205) and stolen bases (58) last season, his first in Miami.

"I instantly loved the way they treated me here," the 27-year-old second baseman said. "Signing an extension was pretty much a no-brainer."

THE CANADIAN PRESS

DeRoza on shortlist to make Team USA in Rio

DeMar DeRoza is a step closer to making his Olympic debut.

The star Toronto Raptors guard was among 30 players selected Monday as finalists for the U.S. basketball team that will attempt to win a third straight gold medal in Rio de Janeiro.

DeRoza joins an elite group including LeBron James, Carmelo Anthony and Stephen Curry, who is also in line for his first Olympic berth. THE CANADIAN PRESS

NBA

Balanced Grizzlies hold off Pelicans

Marc Gasol had 16 points and 10 rebounds, and the balanced Memphis Grizzlies topped the New Orleans Pelicans 101-99 on Monday.

Matt Barnes, Jeff Green and Courtney Lee also had 16 points apiece for Memphis, which has won three in a row and five of six. Mike Conley added 15 points and 10 assists.

Jrue Holiday led the Pelicans with 23 points and nine assists. Anthony Davis had 21 points, eight rebounds and

18

The tightly contested matinee featured 18 lead changes and 14 ties.

three blocks, and Ryan Anderson scored 14 points.

The Pelicans led 80-75 early in the fourth quarter. But Memphis answered with a 10-1 run.

THE CANADIAN PRESS

RECIPE White Bean and Sausage Cabbage Soup



PHOTO: MAYA VINSKY

Ceri Marsh & Laura Keogh
For Metro Canada

This hearty soup tastes like it took hours to simmer away even though it comes together in half an hour.

Ready in

Prep time: 10 minutes
Total time: 30 minutes

Serves 4

Ingredients

- 2 Tbsp olive oil
- 3 links of Italian sausage, sliced into bite-sized pieces
- 3 cloves garlic, minced
- 1 onion, diced
- 1/2 savoy or green cabbage (about 4 or 5 cups), sliced very thinly
- 15 oz can cannellini beans
- 1 litre low-sodium chicken stock
- 2 bay leaves

- 1 Tbsp fresh thyme
- Pepper to taste
- 1/2 cup Parmesan cheese, grated

Directions

1. Pour olive oil into a large pot or Dutch oven over medium heat. Add the sausages to the pot and allow them to brown all over. Remove from the pot and set aside on a clean plate.
2. Add onions and garlic to the pot and cook them just until they begin to soften. Toss in the cabbage and stir it around for a couple of minutes.
3. Add the beans, stock, bay leaves and thyme. Return the sausage to the pot and allow everything to come to a simmer. Cook for 20 minutes and check seasoning.
4. Serve with a sprinkling of Parmesan.

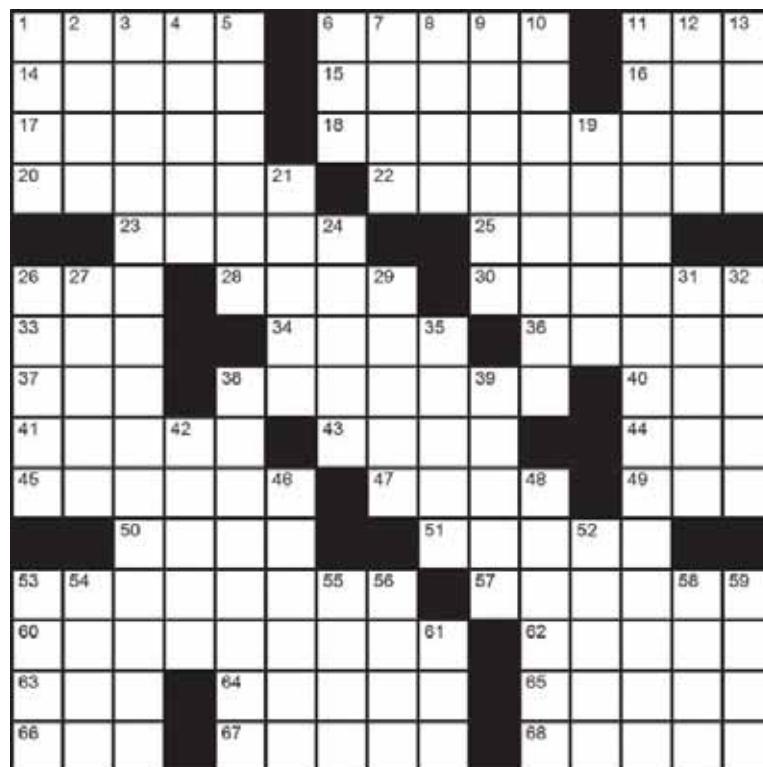
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Desert 'trees'
6. Wheel-steadying wedge
11. Clamour
14. Oak ornament
15. Gawk
16. Singleton
17. Update a route
18. Director of "Rose-Marie" (1936) in which Nelson Eddy plays a Mountie
20. (b.1889 - d.1943)
20. Atomic Number 68
22. Country route: 2 wds.
23. Prefix with 'continental'
25. Skrillex/Diplo/Justin Bieber: "Where ___ Now"
26. She-bird
28. Unappealing food
30. "A___, A-Tasket"
33. Hour: Italian
34. Jail money
36. Belonging to Sicily's volcano
37. Scoundrel
38. Gulf of St. Lawrence explorer
39. Mr. Cartier
40. Lab eggs
41. R.E.M. singer Michael
43. Sweeties
44. Esther's "___ in Need of a Musical Revolution"
45. James ___ (Scotty's Canadian portrayer on "Star Trek")
47. Prefix meaning 'Outer'
49. #22-Across' answer has 2
50. El ___ (Warm



ocean current)
51. Journalist Seymour
53. It lets you know who phoned without picking up the phone: 2 wds.
57. Based on the 1884 novel by Helen Hunt Jackson, this 1910

short stars Canadian actress Mary Pickford in the title role
60. ___ house
62. Ancient water nymph
63. Tape a TV show [abbr.]
64. Archaeological finds in Egypt

65. Cemetery excavation
66. 'S' in NYSE, shortened
67. Internet message
68. TV awards

DOWN

1. Maintenance

2. Top-notcher
3. Gym-goer's item for keeping gear secure: 2 wds.
4. Railroad sight
5. Enters data
6. Compass dir.
7. After mil. combat affliction
8. Mr. Shankar

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles. Elk13 King Features Syndicate, Inc.

metro

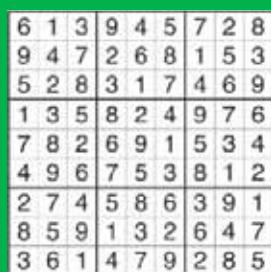
Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games





The Pensive Blizzard
\$14,000,000

Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.



Advertising Standards Canada
adstandards.com/psa